

ASHANTI*

CULTURAL ARTS
CLASSES 2017

REGISTRATION FOR ASHANTI CLASSES | WEDNESDAY – FRIDAY 2 – 6 P.M. SATURDAY 11-1P.M. ONLINE 24 HOURS

Location: Upstairs meeting room/Ashanti office

This is an opportunity for the community who is interested in classes to receive information on classes, register, as well as purchase uniforms for class.

TINY STEPPERS | DANCE AND MOVEMENT CLASS | AGES 3-5 YEARS OLD | SATURDAYS 10:30-11:15 MARCH - MAY

Location: Dance Room Upstairs

In this class, children will explore the basics of creative dance with age appropriate basic ballet movement and exercises. movement games (shape, form, musicality) and props are used to aid in this class. Class sizes are kept very small to assure plenty of individual attention for our youngest dancers.

ASHANTI DANCERS- PERFORMING GROUP | PRIVATE CLASS 9- 10:30 A.M.

Location: Dance Room Downstairs

Ages 7 -16 can audition for Ashanti's performing group. This groups performs as a representative of Ashanti at Festivals, Community Events, Competitions, and other performances. Once chosen they will participate in classes, and performing group rehearsals that may vary on Saturday 9-10:30 a.m.

DRAMA CLASSES | ALL AGES | MONDAYS 6-7 PM. AND/OR 7- 8 P.M. | MARCH 2017

Description coming soon | Will start when enrollment increases

ADULT BEGINNER MODERN DANCE / CORE 1ST AND 3RD WEDNESDAYS 7:30- 8:30 P.M. MARCH TO MAY

Location: Dance Room Downstairs

This beginner Modern Dance class for adults with core strengthening, and stretching great for all levels. Using Horton, Limon and a touch of Graham, participants will feel the freedom of dance and movement with a great stretch and improved dance coordination skills.

CAPOEIRA | ALL AGES | WEDNESDAYS 11- 12 PM |

Location: Dance Room Downstairs

Will start when enrollment increases

Learn the history and philosophical concepts of capoeira. Movement, music, stretching, cardiovascular workout regimen which focuses on the dance and acrobatics of Capoeira self-defense and body awareness, basic kicks and escapes.

CHILDREN'S MODERN BALLET FUSION | 6- 9 YEARS OLD | WEDNESDAYS 6:20- 7:20 PM

Location: Dance Room Downstairs

This beginner class for children uses Modern techniques Horton, Limon and a touch of Graham. The modern aspect is paired with a strong foundation in ballet to prepare dancers for their next level in dance.

SENIORS MOVEMENT CLASSES | 55 AND UP | TUESDAY OR THURSDAYS 10-11 A.M.
MARCH 2017

Location: Dance Room Downstairs Will start when enrollment increases

This class is geared to help our older community stay active and moving. Modified dance moves to fit any level of dancer. Fun upbeat music to soothing slow paced beats. A great mixture for our Seniors.